



# 17 Health Benefits of Cayenne Pepper

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Many societies, especially those of the Americas and China, have a history of using cayenne pepper therapeutically. A powerful compound with many uses, cayenne pepper is currently gaining buzz for cleansing and detoxifying regimes such as the Master Cleanse, which uses the spice to stimulate circulation and neutralize acidity.

## The Health Benefits of Cayenne Pepper

Cayenne pepper has been used for a variety of ailments including heartburn, delirium, tremors, gout, paralysis, fever, dyspepsia, atonic dyspepsia, flatulence, sore throat, hemorrhoids, menorrhagia in women, nausea, tonsillitis, scarlet fever, and diphtheria.<sup>[1, 2]</sup> Let's take a look at some of the best health benefits cayenne pepper has to offer.

### 1. Anti-Irritant Properties

Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.<sup>[3]</sup>

### 2. Clears Congestion

Suffering from stuffed up sinuses due to cold, flu, or [allergies](#)? Cayenne pepper aids in breaking up and moving congested mucus.<sup>[4]</sup>

### 3. Anti-Fungal Properties

In vitro tests have found that CAY-1, a compound found in cayenne peppers, effectively suppressed the development of 16 different fungal strains, while remaining completely non-toxic to animal cells.<sup>[5]</sup>

### 4. Migraine Headache Prevention

This may be related to the pepper's ability to stimulate a pain response in a different area of the body, thus diverting the brain's attention to the new site. Following this initial pain reaction, the nerve fibers have a depleted substance P (the nerve's pain chemical), and the perception of pain is lessened.<sup>[6]</sup>

### 5. Digestive Aid

Cayenne is a well-known digestive aid. It stimulates the [digestive tract](#), increasing the flow of enzyme production and gastric juices. This aids the body's ability to metabolize food (and toxins). Cayenne pepper is also helpful for [relieving intestinal gas](#). It stimulates intestinal peristaltic motion, aiding in both assimilation and elimination.<sup>[7]</sup>

### 6. Anti-Redness Properties

Cayenne's properties make it a great herb for many chronic and degenerative conditions.<sup>[3]</sup>

### 7. Helps Produce Saliva

Cayenne stimulates the production of saliva, an important component of digestion and maintaining optimal oral health.<sup>[8]</sup>

### 8. Useful for Blood Clots

Cayenne pepper helps reduce atherosclerosis, encourages fibrinolytic activity, and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.<sup>[6]</sup>

### 9. Detox Support

Cayenne is a known circulatory stimulant. It increases the pulse of our lymphatic and digestive rhythms. By heating the body, the natural process of detoxification is streamlined. Cayenne also induces sweating—another important process of detoxification. Combined with lemon juice and honey, cayenne tea is an excellent morning beverage for [total body detox](#).<sup>[2]</sup>

### 10. Joint Pain Relief

Extremely high in a [substance called capsaicin](#), cayenne pepper sends chemical messengers from the skin into the joint, offering relief for joint pain. [9]

## 11. Anti-Bacterial Properties

Cayenne is an excellent preservative and has been used traditionally to prevent food contamination from bacteria. [10, 11]

## 12. Promotes Longevity

A study using data collected from almost half a million people found that people who eat spicy foods have a 14% chance of living longer than those that don't. Researchers also found that regular consumption of chili peppers aligned with reduced rates of death from respiratory disease, heart problems, cancer. [12, 13]

## 13. Supports Weight Loss

Scientists at the Laval University in Quebec found that participants who took cayenne pepper for breakfast were found to have less appetite, leading to less caloric intake throughout the day. Cayenne is also a great metabolic booster and aids the body in burning excess fat. [9]

## 14. Promotes Heart Health

Animal studies found that capsaicin reduced serious heart arrhythmias and improved cardiac blood flow. [6]

## 15. Remedy for Toothache

When applied directly to the site, cayenne may help ease pain of a sore tooth. [8]

## 16. Topical Remedy

As a poultice, cayenne has been used to treat snake bites, rheumatism, sores, wounds, and lumbago. More research is needed to determine its effectiveness. [8]

## 17. Cayenne Tastes Great!

This one is purely subjective, and those with sensitive palates may disagree, but many people find that a dash cayenne can add a little delicious zest to otherwise bland food.

Do you enjoy cayenne? Have you noticed any benefits from adding it to your diet? Leave a comment below and share your experience with us.

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